



18 Lorsch Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Holger Schmidt

Club: Monnem vorne

Number: 122

Course: 25.50 km

Lorsch Triathlon 0,5-20,5,0

Category:

Senioren 3 (TM 50)

Total time: 1:18:45

Rank in course/Total: 154 (of 343)

Rank in course/Men: 134 (of 262)

Best time in course: 58:32

Rank in category: 13(of 32)

Best time in the category: 1:02:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen nett	0.50	12:51	25:41	22	4:11	201	5:54	0.50	12:51	25:41	22	4:11	263	5:54
Wechsel S -> R	-	2:33	-	15	1:11	103	1:17	0.50	15:24	30:48	33	5:08	185	6:58
Schwimmen Total	0.50	15:24	30:48	33	5:08	185	6:58	0.50	15:24	30:48	33	5:08	185	6:58
Rad netto	20.00	37:06	1:51	11	6:14	123	12:42	20.50	52:30	2:33	33	11:22	263	14:14
Wechsel R -> L	-	1:26	-	24	0:55	194	0:59	20.50	53:56	2:37	33	12:09	263	14:48
Rad Total	20.00	38:32	1:55	12	7:01	126	13:23	20.50	53:56	2:37	33	12:09	263	14:48
Lauf Ziel	5.00	24:49	4:57	10	5:13	135	24:49	25.50	1:18:45	3:05	13	16:29	134	20:13